

YMCA Program Offerings:  
*As listed in our 2009/2010 Fall & Winter Program Guide*

Tuesday, September 1, 2009

Y Day Care  
Kindergarten Enrichment Program  
Noon Drop-In Basketball  
Adult "Winter Jam Tournament"  
Fall Adult Soccer Leagues  
Fall Men's Softball Leagues  
Fall Co-ed Softball Leagues  
Spring Women's Softball Leagues  
Spring Co-ed Softball Leagues  
Spring Men's Softball Leagues  
Racquetball  
Handball  
Wallyball  
Pickelball  
Adult Group Tennis Lessons  
Adult Tennis Leagues  
FREE Tennis to Y members  
Youth Group Tennis Lessons  
6<sup>th</sup> & 8<sup>th</sup> grade Boys Tennis League  
Personal Training  
Volunteers  
Y Pilates  
Hard "Core" Fitness  
Boot Camp  
Total Body Conditioning  
Totally Tone  
Cardio, Strength, Intervals  
Recreational Gymnastics  
Competitive Gymnastics  
Swim Lessons for all ages  
Pee Wee Sports program  
Youth Martial Arts  
Indoor Lacrosse

Outdoor Lacrosse  
Spring Lacrosse Leagues  
"The Blizzard" 5-on-5 Tournament  
"Classic " 3-on-3 Tournament  
"Midnight Madness" 3-on-3  
Tournament  
Basketball Skill program  
Youth Soccer Leagues  
Flag Football  
Y Pop Warner Football  
Pop Warner Cheerleading  
After School Program  
School's Out Fan Club  
Drop-in Child Care  
Youth in Government  
Leaders Club  
Middle School Dances  
Family Night  
Spring Break Camp  
Christmas Holiday Camp  
Snow Days Camp  
Birthday Parties at the Y  
Facility Rentals

More information at  
[www.gtbayymca.org](http://www.gtbayymca.org) or  
Call 231-933-9622

Program listings by age available on  
website.

**Go to Front Desk and pick up a  
program guide.**